



July 2003  
Volume 24, Issue 3

## Central Vermont Runners July 2003 Newsletter

### 2003 World Games of Special Olympics

John Martin

The World Summer Games of Special Olympics opened in Croke Park in Dublin, Ireland on Saturday June 21, 2003. The Summer Games in Dublin marked the first time World Summer Games were held outside the United States. The people of Ireland embraced the World Games and the spirit of Special Olympics. The opening ceremonies were attended by 70,000 spectators and 7,000 Special Olympic Athletes, representing 138 countries. Olympic organizers will be hard pressed to compete with the opening ceremonies for Special Olympics.

The stage was set for the largest sporting event to be held in Europe in 2003. Helping to open the games were the likes of Nelson Mandela, Mohammed Ali, Arnold Swartzenager, Eunice Kennedy Shriver (founder of Special Olympics and sister to JFK), Bono, U2, The Coors, the River Dance troupe and many more. Fireworks, music, dance and the spirit of pure sport permeated the stadium.

I was honored and humbled to play a small part in this celebration held to honor the world's Special Olympic Athletes. On June 4th, I, along with nearly 100 other law enforcement officers and 10 Special Olympic Athletes representing 28 countries, witnessed the lighting of the Flame of Hope at a ceremony held in Olympic tradition on a hill overlooking the Acropolis in Athens, Greece. As Guardians of the Flame, we 100 officers and Special Olympic Athletes, carried the Flame of Hope across 15 European countries in a Law Enforcement Torch Run to this Opening Ceremony. My route took the Flame thru Greece, Turkey, Hungary, Austria, the Czech Republic, Belgium,

England, Scotland and in to Ireland. The Torch Run ended in Dublin on June 21st and our duty was done.

Aside from being charged with The Guardians of the Flame our purpose was to act as ambassadors for Special Olympics and create excitement for the cause. I can proudly report, our mission was accomplished!

The Final Leg Law Enforcement Torch Run visited 130 towns and cities in Ireland. Excitement was frenzied. Each of the 130 towns acted as host cities for the Special Olympic Athletes in the week before the games. Each town took in a specific team. In the months leading up to the games, school children learned about people with special needs, their country, their language, and their customs. Each town eagerly awaited the arrival of "their" visitors and the Torch Run acted as a teaser to boost that anticipation. No boost was needed as the people of Ireland eagerly awaited the visitors as their very own.

The Torch Run members were treated like royalty. We met kings and queens, presidents and princesses, but most importantly we met Special Olympic Athletes from all over the world who were eager to compete and show off their abilities and break down the label of disabilities.

This was a life enhancing experience for me and for all the other Torch Run team members. Big tough cops openly cried tears of joy every day. I am proud and frankly, humbled to have been a part of this most memorable event.

Thank you for letting me share this with you. If any of my CVR buddies are interested in becoming involved with Special Olympics in any way just let me know. It is truly good for the heart.

**The Next CVR Meeting and Pot-luck dinner will be August 4<sup>th</sup> at 6:30 pm**

At the home of Michael Chernick, 75 Cityside Drive, Murray Hill Condominiums, Montpelier

Please contact Michael at 229-0918 for directions to his house

**26<sup>th</sup> Annual Capital City Stampede 10K**  
**June 14, 2003**  
**Montpelier, Vermont**

<u>Place</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>	<u>City/State</u>	<u>Place</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>	<u>City/State</u>
<b><u>Women 18 and Under</u></b>					<b><u>Men 19-29</u></b>				
1	40:06	Liz Stephen	16	East Montpelier, VT	1	37:40	Wade Hodge	28	Stowe, VT
2	54:37	Kristi Dickinson	15	Barre, VT	2	38:42	Brian Letourneau	23	Orange, VT
3	54:37	Emily Laybourne	18	Barre, VT	3	39:10	Joe Gingras	27	Berlin, VT
4	54:55	Jeanine Audet	15	Fairfax, VT	4	42:14	Mike Berby	23	Barre, VT
5	58:34	Kaitlyn Evans	15	Worcester, VT	5	43:51	Kevin Nadzam	29	Montpelier, VT
6	67:47	Aimee Marceau	17	Colchester, VT	6	44:00	Kenny Logan	29	Waterbury, VT
					7	44:12	Jared Lamere	26	Averill Park, NY
					8	44:50	Columbia Warren	26	Burlington, VT
					9	46:19	Chris Ladue	26	South Burlington, VT
					10	49:31	Philipp Panitz	25	Burlington, VT
					11	52:38	Eric Pauly	27	South Boston, MA
					12	52:44	Dilhan Weeraratne	27	Burlington, VT
					13	64:45	Mark Pauly	21	Boston, MA
<b><u>Women 19-29</u></b>					<b><u>Men 30-39</u></b>				
1	40:12	Rose Nash	23	Hardwick, VT	1	39:54	Kristian Orland	35	Jericho, VT
2	44:03	Megan Valentine	24	Williston, VT	2	40:41	Greg Melville	33	South Burlington, VT
3	48:02	Hilary Nelson	28	Middlesex, VT	3	41:17	Bill Heigis	35	Montpelier, VT
4	51:55	Hannah Wilson	24	Tunbridge, VT	4	42:40	John Brennan	37	South Burlington, VT
5	54:02	Meagan Keiser	22	Burlington, VT	5	42:42	Michale Reese	34	South Pomfret, VT
6	70:13	Sarah Goodwin	20	Middlebury, VT	6	44:22	Jaun Quintero	30	Northfield, VT
7	72:16	Kendra Marceau	19	Colchester, VT	7	45:45	Moe Kinney	31	Milton, VT
					8	49:07	Tim Carter	39	Shelburne, VT
					9	49:13	Jason Foelder	37	East Calais, VT
					10	51:20	Christopher Pepin	31	Ashburnham, MA
					11	51:23	Brian Maclay	36	East Calais, VT
					12	53:57	Jake Brown	39	Montpelier, VT
					13	69:39	Jeff Tangauy	36	Barre, VT
<b><u>Women 30-39</u></b>					<b><u>Men 40-49</u></b>				
1	44:13	Katrina Phillips			1	40:36	Monte Pappas	44	Williston, VT
2	45:10	Sandy Colvin	35	Montpelier, VT	2	42:18	Dick Millar	41	South Burlington, VT
3	45:39	Siobhan Alessi	34	Middlesex, VT	3	45:57	Tony Audet	46	Fairfax, VT
4	45:49	Emily Gallagher	39	Burlington, VT	4	46:00	Tim Noonan	47	Montpelier, VT
5	49:18	Lisa Kingsbury	30	Stowe, VT	5	46:35	Scott Griggs	41	Orange, VT
6	50:08	Gail Pelkey	38	Waterbury, VT	6	48:21	Dave Hammond	43	Huntington, VT
7	50:24	Rebecca Diedrich	39	Berlin, VT	7	49:39	Dan Casey	44	Montpelier, VT
8	50:35	Barbara Patterson	37	Calais, VT	8	50:39	Chuck Schwartz	42	Worcester, VT
9	51:03	Betsy Pecor	36	Waterbury, VT	9	51:59	John Mahoney	49	Burlington, VT
10	53:30	Suzy Coburn	34	Winooski, VT	10	54:18	Mark Skelding	44	Montpelier, VT
11	58:11	Molly Flint	35	East Middlebury, VT	11	66:34	David Gallagher	49	Burlington, VT
12	59:02	Wendy Livingston	35	Bristol, VT					
13	59:03	Christine Hinkel	31	Burlington, VT					
14	59:03	Kika Bronger	32	South Burlington, VT					
15	65:31	Corinne Thompson	34	South Burlington, VT					
<b><u>Women 40-49</u></b>					<b><u>Men 50-59</u></b>				
1	40:16	Susan Hackney	46	Montpelier, VT	1	41:18	Bill Dysart	50	Williston, VT
2	42:47	Donna Smyers	45	Montpelier, VT	2	41:32	Paul Jensen	59	Wardsboro, VT
3	43:09	Dot Martin	42	Montpelier, VT	3	43:28	John Lazenby	54	Montpelier, VT
4	46:52	Andrea McLaughlin	40	Barre, VT	4	43:36	Greg Gerdel	56	Montpelier, VT
5	46:55	Susan Alexander	44	Richmond, VT	5	43:43	P.T. Burke	55	Winooski, VT
6	47:01	Cheri Audet	40	Fairfax, VT	6	43:56	John Kalinen	57	Brownington, VT
7	48:01	Ellie Ferguson	43	North Haverhill, NH	7	44:26	Paul Munn	56	Lyme, NH
8	48:17	Ginger Lambert	49	Rochester, VT	8	44:36	Bruce Gould	51	Lyndon Center, VT
9	49:03	Ruth Blauwiel	49	Burlington, VT	9	45:59	Dick Thompson	57	Swanton, VT
10	49:28	Milly Archer	46	Montpelier, VT	10	46:31	Michael DeSanto	53	Milton, VT
11	53:59	Ginny Richburg	44	Randolph Center, VT	11	47:16	Neil Raphal	51	St. Johnsbury, VT
12	54:18	Kathleen Hassey	44	South Royalton, VT	12	47:23	Dennis Nealon	50	Middlesex, VT
13	56:37	Sandra Rhoades	40	White River Jct., VT	13	49:27	John Kaeding	55	Worcester, VT
14	59:53	Rebecca Miracle	43	Montpelier, VT	14	52:06	Mike Shover	54	Bradford, VT
15	60:18	Cathy Frey	41	Barre, VT	15	56:45	Chip Winner	54	Middlebury, VT
<b><u>Women 50-59</u></b>					<b><u>Men 60+</u></b>				
1	45:59	Patty Foltz	55	Stowe, VT	1	45:20	William Jones	60	Bedford, Quebec
2	52:14	Sandy Niles	52	Underhill, VT	2	46:13	Clifford Cary	61	Lebanon, NH
3	59:39	Betty Rose	55	Montpelier, VT	3	46:14	Dave Cioffi	60	Woodstock, VT
4	61:44	Elizabeth Meiklejohn	55	East Calais, VT	4	47:03	Hugh Wilson	63	Montreal, Quebec
5	76:54	Beth Gambler	59	Montpelier, VT	5	49:33	Gene Nichols	60	Stowe, VT
					6	50:16	Bert Moffatt	68	Williston, VT
					7	51:48	Gordon Johnson	61	Ayers Cliff, Quebec
					8	62:32	Roger Cranse	62	Montpelier, VT
					9	64:50	Bob Olkin	63	Waitsfield, VT
<b><u>Women 60+</u></b>									
1	55:35	Rosemary Rusin	60	Florence, VT					
<b><u>Men 18 and Under</u></b>									
1	46:20	Ben Raphal	16	St. Johnsbury, VT					
2	54:01	Kyle Wells	13	Barre, VT					
3	54:02	Matt Baldwin	13	Barre, VT					

**29<sup>th</sup> Annual Paul Mailman Montpelier 10 Miler**  
**Official Race Results - June 28, 2003**  
 (Overall Winners **Highlighted** Below)

<b>WOMEN 20-29</b>					<b>MEN 30-39</b>						
1	11	Caitlin Compton	Marquette, MI	22	1:11:05	1	3	Tim Shea	Montpelier	33	1:04:35
2	32	Alicia Goff	Hershey, PA	27	1:19:59	2	10	Brian Perreault	Eliot, ME	38	1:09:43
3	36	Hilary Nelson	Middlesex	28	1:23:13	3	12	Michael Canavan	Montpelier	38	1:11:31
4	61	Elena Davidson	W. Lebanon, NH	25	1:57:13	4	21	Ken Hepburn	Williamstown	30	1:16:36
						5	55	Marc Charney	Wellesley, MA	33	1:34:37
<b>WOMEN 30-39</b>					<b>MEN 40-49</b>						
1	7	Karen Zunti	S. Yarmouth, MA	34	1:07:40	1	1	Norm Larson	Burlington	47	1:00:51
2	18	Jessica Cover	Richmond	33	1:15:50	2	4	Pascal Cravedi-Cheng	Burlington	49	1:05:49
3	25	Sandy Colvin	Montpelier	35	1:17:51	3	14	Charles Lavergne	Montreal, QUE	46	1:13:49
4	33	Martha Lane	Hanover, NH	38	1:21:56	4	23	Charles Windisch	Essex Junction	49	1:17:02
5	38	Rebecca Diedrich	Berlin	39	1:23:50	5	29	Dick Millar	S. Burlington	41	1:19:27
6	51	Jodi Levy	Sudbury, MA	33	1:28:39	6	31	Harry Lavoy	E. Corinth	48	1:19:49
7	52	Elisa Jacobs	Winter Park, FL	33	1:28:40	7	35	Kenneth Bunce	Barre	41	1:22:43
8	59	Erica Burke	Cabot	39	1:45:05	8	37	Dave Hammond	Huntington	43	1:23:44
						9	44	Colin Flavin	Cambridge, MA	46	1:25:01
<b>WOMEN 40-49</b>					<b>MEN 50-59</b>						
1	9	Cindy New	Montreal, QUE	46	1:08:41	10	46	Dan Casey	Montpelier	44	1:25:12
2	15	Donna Smyers	Montpelier	45	1:14:06	11	56	Ray Zirblis	Northfield	49	1:41:10
3	34	Ginger Lambert	Rochester	49	1:22:42						
4	40	Linda Wheatley	Montpelier	44	1:24:02	<b>MEN 60+</b>					
5	41	Milly Archer	Montpelier	46	1:24:24	1	20	Clifford Gray	Lebanon, NH	61	1:16:14
6	43	Kathy McCardle	Barre	41	1:24:47	2	26	Dave Chioffi	Woodstock	60	1:17:58
7	47	Nancy Rappaport	Cambridge, MA	43	1:26:06	3	39	Gordon Johnson	Ayers Cliff, QUE	61	1:23:59
8	50	Ann Bushey	Montpelier	45	1:28:11	4	45	Newton Baker	Montpelier	61	1:25:08
9	54	Carol Ayer	Montpelier	43	1:34:36						
<b>WOMEN 50-59</b>											
1	22	Patty Foltz	Stowe	55	1:16:38						
2	57	Betty Rose	Montpelier	55	1:42:11						
3	58	Elizabeth Meiklejohn	E. Calais	55	1:42:27						
<b>WOMEN 60+</b>											
1	60	Susan Bradt	Calais	61	1:54:53						
<b>MEN 20-29</b>											
1	2	Brian Shiner	Lebanon, NH	29	1:02:28						
2	5	Brendan Barden	Hinesburg	25	1:07:08						
3	16	Jason Bennett	Northfield	28	1:14:14						
4	19	Will Dalton	Memphis, TN	28	1:15:57						
5	49	Daniel Byrne	Northfield	23	1:26:30						

**CVR Member Results from Recent Regional Events**

**POW MIA 10K ROAD RACE**  
*Dorchester, MA, June 22, 2003*

<b>WOMEN AGE GROUP 40-49</b>						
<b>Time</b>	<b>Pace</b>	<b>PLC/GR</b>	<b>PLC/Sex</b>	<b>PLC/Overall</b>	<b>Name</b>	<b>Town/State</b>
46:19	7:28	3/40-49	15/F	99	Phyllis Arsenault-Berry	Duxbury, VT

## Central Vermont Runners 2003 Summer Fun Runs & Walks

Fun runs are held every Tuesday evening at 5:30 pm *sharp*, from April through October, during the Daylight Savings Time period. Distances are on an out-and-back course of 2, 4 and 6 miles.

Runners and walkers are welcome.

Unless otherwise noted, fun runs begin and end at the parking lot of the Vermont State Liquor Control Warehouse at the end of Green Mountain Drive in Montpelier, VT.

Visit the CVR website for additional information.



## 8<sup>TH</sup> ANNUAL MAD DASH ~ September 14, 2003 ~ 10 a.m.

The Mad River Path Association will be holding the 8th annual Mad Dash community fitness event on Sunday morning, September 14, 2003. The Mad Dash will be held on the Mad River Greenway, Meadow Road, Waitsfield, Vermont. The event includes a 4-mile or 8-mile foot race or a 4-mile fitness walk starting at 10:00 a.m. followed by refreshments, awards for top finishers and a bib number prize drawing for all entrants. At 12:30 pm there will be the annual Mad Dash Kids Fun Run. Kids in three age categories will run a series of loops around the tent and nearby pond. Kids register is on race day only.

Participants are encouraged to register in advance for the Mad Dash foot races and fitness walk to save \$5.00. A pre-registration and race packet pick up table will be at the Waitsfield Farmer's Market on Saturday, September 13 from 9:30 am to 1:30 pm. Race day registration is from 8:00 to 9:30 am at the Mad River Greenway on Meadow Road.

The Mad Dash is most noted for its highly scenic riverside course with views of Vermont's Mad River Valley and Green Mountains. Most of the race is on the Mad River Greenway a natural cross-country path and country a farm road complete with a covered bridge ca 1840. The course is flat, quiet and a great place for a late summer morning run.

Following the race will be a refreshment buffet consisting of locally grown, wholesome, natural and organic foods. The event offers free race-time childcare for parents who wish to participate in the race together. Area businesses donate prizes worth over \$3000 in value for the bib number drawing. Everyone who enters the Mad Dash can win great gear, gift certificates, arts and crafts, lift tickets and more. The event is professionally timed by Granite State Race Services. Commemorative medals are awarded to top finishers in 18 categories. And finally, the first 250 participants receive a commemorative 50/50 blend long-sleeve T-shirt.

The Mad Dash is a fundraising event for the Mad River Path Association, a 501(c)(3) non-profit charitable organization whose mission is to establish the Mad River Greenway trail system throughout the Mad River Valley. Their members are advocates of improved bicycle and pedestrian access, land conservation and environmental education. Through landowner agreements, their growing trail network is available for use by the community at large. They work to improve the harmony among trail users and land managers. Through cooperative working relationships with other community organizations the MRPA strives to enhance the quality of life and the health of the citizens in the Mad River Valley through public pathways.

Volunteers are needed for the Mad Dash. The organization will be holding a special volunteer meeting at 6:00 pm on Thursday, September 11 at the General Wait House in Waitsfield.

### For more information contact:

Kevin Russell, Race Director  
Mad River Path Association  
PO Box 683  
Waitsfield, VT 05673  
(802) 496-7877  
(802) 496-5420 fax  
[path@madriver.com](mailto:path@madriver.com)  
[www.madriverpath.com](http://www.madriverpath.com)

### Cost:

Foot Race: \$20.00 preregistration / \$25.00 race day registration  
\$5.00 student fee (does not include T-shirt)  
Fitness Walk: \$15.00 in advance and on race day  
Kids Fun Run: Free (\$2.00 donation suggested)

## 35th Annual Archie Post Race

On September 6, 2003 Vermont's oldest footrace is turning 35! The race is named after UVM Hall-of-Famer and track/cross country coach (1929-69), Archie Post. The Green Mountain Athletic Association (GMAA) is celebrating this Vermont running milestone with a running reunion. We are hoping to have UVM running alumni as well as past racers back for this year's race - to race, run, or spectate. The course is point-to-point and is all on bikepath. There is an information page on the gmaa web page -> [www.gmaa.net/postinfo.html](http://www.gmaa.net/postinfo.html). There are links to a registration form as well as complete race history and course photo tour. If you have any questions about the race please email [archiepost@gmaa.net](mailto:archiepost@gmaa.net) or call Steve Eustis (802)878-4385. We hope to see you there!

## 2003 GMAA Race Schedule

Aug 9 **11th Scholarship Cross Country Run** 5K 9:00 Red Rocks Park, South Burlington. Mike Desanto (802-893-0547) [scholarshipxc@gmaa.net](mailto:scholarshipxc@gmaa.net) \$5 pre-registration/\$8 race day.

Aug 23 **24th Round Church Women's Run** 5K or 10K 9:00 Round Church, Richmond. Michelle Everleth (802-864-8277) [roundchurch@gmaa.net](mailto:roundchurch@gmaa.net) \$5 pre-registration/\$8 race day (optional women's tank top \$6).

Sep 1 **Mount Mansfield Toll Road Fun Run** 8:00 Toll Road Gate. Bill Everett 879-1687 [tollroad@gmaa.net](mailto:tollroad@gmaa.net) FREE!

Sep 6 **35th Archie Post 5 Miler** 9:00 Gutterson Field House, UVM. Steve and Cathy Eustis [archiepost@gmaa.net](mailto:archiepost@gmaa.net) (802-878-4385). \$5 pre-registration/\$8 race day (optional shirt \$6).

Oct 11 **30th Apple Harvest 10K** 9:00 Shelburne Beach. Courtney Gates (802-872-5961) and Monika Moran (802-658-5129) [appleharvest@gmaa.net](mailto:appleharvest@gmaa.net) \$5 pre-registration/\$8 race day.

Oct 18 **33rd Green Mountain Marathon and Half Marathon** 8:30 Folsom School, South Hero. Danielle Graham and Andrew Pedersen (802)655-3751 [gmm@gmaa.net](mailto:gmm@gmaa.net) . Half:\$11 / Marathon:\$20 until Oct 1. After Oct 1: \$14/\$25. NO RACE-DAY REGISTRATION!!

Nov 27 **27th Turkey Trot 5K** 11:00 Gutterson Field House, UVM. Run for fun and charity and make room for your Thanksgiving dinner! Anne Treadwell (802-865-3160). [turkeytrot@gmaa.net](mailto:turkeytrot@gmaa.net) \$2 or food donation for the Burlington Emergency Food Shelf.

### First Night 5K Raffle Prize Donations Requested!

Rowly Brucken, the race director of the First Night 5k, is calling on CVR members whose employers might be willing to donate a small item for the post-race raffle. If your employer is willing to make a donation, please call or email Rowly with the donation before the race (so he knows what businesses have donated). Donations can be brought to the race itself, or tell Rowly when a convenient time would be to pick it up. Rowly can be reached at 479-0796 or [rbrucken@norwich.edu](mailto:rbrucken@norwich.edu).

Thanks!

## Central Vermont Race Series 2003

Sponsored by Onion River Sports & the Shoe Horn at Onion River  
Montpelier, Vermont

A 7 race series of some of your favorite Central Vermont races hosted by Central Vermont Runners and sponsored by Onion River Sports. Onion River Sports supports this series by providing prizes for individual races. The following races comprise the CVR Race Series 2003:

- First Night Montpelier 5K • Capital City Stampede 10K • Paul Mailman Montpelier 10-Miler • Bear Swamp Run 5.7 mile • Berlin Pond Run Around 8K • Northfield Savings Bank 5K • Leaf Peepers Half Marathon or 5K •

**THE NEXT 2 RACES IN THE SERIES ARE APPROACHING QUICKLY:**

**Race #5: Berlin Pond Run Around 8K on Thursday, August 14**

**Race #6: Northfield Savings Bank 5K on Saturday, August 30**



Check the CVR website for more details



## 2003 CVR Race Schedule

Thursday, August 14, Time TBA **Berlin Pond Run Around 8K.**  
Mike Chernick 802 223-0918.

Saturday, August 30, 9:30 / 10:30 am. **Northfield Savings Bank 5K  
Foot Race and Children's 1-Mile Race.** Northfield Savings Bank,  
802 485-5227.

Sunday, October 5, 11 am. **Leaf Peepers Half-Marathon and 5K.**  
Waterbury. Darragh Ellerson 802 223-2080

Wednesday December 31, 3 pm. **First Night Montpelier 5K.**  
Rowly Brucken.

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### 2003 Officers:

President: Donna Smyers  
Vice President: Michael Chernick  
Secretary: Betty Rose  
Treasurer: Laura Medalie  
Webmaster: Dave Kissner

Visit the CVR Website at [www.cvrrunners.org](http://www.cvrrunners.org) for more information



c/o Beth Eliason  
P.O. Box 1822  
Waitsfield, VT 05673

Beth Eliason  
P.O. Box 1822  
Waitsfield, VT 05673

**July 2003**